

# Breastfeeding and Pandemic H1N1 Influenza

## Breastfeeding Your Baby When You Have the Flu

- Do NOT stop breastfeeding if you are ill—breast milk has antibodies that help baby fight disease.
- If you are ill when you deliver your baby, begin breastfeeding immediately—even before milk comes in, you will be giving your baby important antibodies.
- The Centers for Disease Control and Prevention (CDC) recommend that a woman continue breastfeeding and increase the number of feedings to provide baby with additional antibodies.
- Be careful not to cough or sneeze on baby's face; wear a mask if needed.
- Wash your hands often with soap and water before and after touching baby.
- Wash baby's hands if they have been in its mouth prior to breastfeeding.
- If you are too sick to breastfeed, pump the milk and store safely; feed the baby by bottle often.
- You can continue to breastfeed while you are taking flu medicine from your doctor.
- Do NOT take over-the-counter medicines, except acetaminophen, without asking your doctor first.
- Call baby's doctor and let him know you have pandemic H1N1 influenza virus—the doctor may want to see the baby or will give you medical advice about how to keep the baby safe.

## Other Ways to Keep Baby Healthy

- Limit sharing of toys and other items with other children and infants.
- Wash thoroughly with soap and water any toys and items which have been in the mouth of an infant or child.
- Keep baby's pacifier (including the ring or handle) out of the mouths of adults or other children and infants.
- The CDC and the American Academy of Pediatrics recommend keeping infants and mothers as close together as possible and encourage early and frequent skin-to-skin contact between mothers and babies.
- Infants should not sleep in the same bed with you or anyone else—the infant should sleep in a bassinet or crib next to your bed for safety.

If you need help finding a doctor for your pregnancy or your baby, call the Indiana Family Helpline at 1-800-433-0746 for assistance.

For information about the pandemic H1N1 influenza virus go to the Centers for Disease Control (CDC) at: [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)

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